



**Incarnate Word Academy School Menu**  
**November--2018**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
29-Oct	30-Oct	31-Oct	1-Nov	2-Nov
			Chicken & Waffles, Roasted Red Potatoes, Broccoli, Ketchup, Fresh Cut Fruit 100% Beef Hot Dog  Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette  Turkey and Swiss Sandwich	Cheese Pizza, Fresh Cucumber with House Made Ranch Dressing, Fresh Cut Fruit Baked Pasta Marinara with Cheese  Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette  Turkey and Swiss Sandwich
5-Nov	6-Nov	7-Nov	8-Nov	9-Nov
Baked Chicken Breast with Mild Creamy Anaheim Sauce, Steamed Rice, Diced Carrots and Peas, Fresh Cut Fruit  Baked Potatoes with Butter & Cheese  Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette  Roast Beef & Cheddar Sandwich	BBQ Beef Slider, Baked Beans, Fresh Corn on Cob, Fresh Cut Fruit  Spaghetti With Beef Marinara Sauce  Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette  Roast Beef & Cheddar Sandwich	Turkey Meat Sauce with Penne Pasta, Fresh Green Beans and Carrots, Fresh Cut Fruit  Chicken Baked Ziti  Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette  Roast Beef & Cheddar Sandwich	Chicken and Cheese Quesadillas, Brown Rice, Black Beans, Fresh Cut Fruit  Beef Macaroni & Cheese  Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette  Roast Beef & Cheddar Sandwich	Cheese Pizza, Fresh Cucumber with House Made Ranch Dressing, Fresh Cut Fruit  Grilled Chicken and Cheese Wrap  Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette  Roast Beef & Cheddar Sandwich
12-Nov	13-Nov	14-Nov	15-Nov	16-Nov
Cheeseburger Macaroni, Steamed Broccoli, Garlic Bread, Fresh Cut Fruit  Crispy Chicken Sandwich  Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette  Turkey and Swiss Sandwich	Crispy Chicken with Risotto, Diced Carrots & Peas, Fresh Baked French Bread, Fresh Cut Fruit  Chicken Enchiladas  Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette  Turkey and Swiss Sandwich	Grass-fed Beef Meatballs, Garden Rotini Pasta, Marinara Sauce, Oven Baked Squash, Fresh Cut Fruit  Turkey Kielbasa Casserole  Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette  Turkey and Swiss Sandwich	Oven Roasted Turkey, Mashed Potato, Fresh Green Beans, Dinner Roll, Fresh Cut Fruit 100% Beef Hot Dog  Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette  Turkey and Swiss Sandwich	<b>NO LUNCH SERVICE</b>
19-Nov	20-Nov	21-Nov	22-Nov	23-Nov
SCHOOL CLOSED	SCHOOL CLOSED	SCHOOL CLOSED	SCHOOL CLOSED	SCHOOL CLOSED
26-Nov	27-Nov	28-Nov	29-Nov	30-Nov
Macaroni and Cheese, Oven Roasted Chicken Breast, Steamed Broccoli, Fresh Cut Fruit  Crispy Chicken Sandwich  Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette  Turkey and Swiss Sandwich	Crispy Chicken Biscuit Sandwich, Mashed Potato, Green Peas and Carrots, Fresh Cut Fruit  Chicken Enchiladas  Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette  Turkey and Swiss Sandwich	Classic Beef Lasagna with Grass-fed Beef, Ricotta Cheese, Mozzarella Cheese & Tomato Basil Pasta Sauce, Baked Yellow Squash, Garlic Bread, Fresh Cut Fruit  Turkey Kielbasa Casserole  Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette  Turkey and Swiss Sandwich	Grilled Turkey and Cheese Sandwich, Spanish Rice, Steamed Broccoli, Fresh Cut Fruit  100% Beef Hot Dog  Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette  Turkey and Swiss Sandwich	Cheese Pizza, Fresh Cucumber with House Made Ranch Dressing, Fresh Cut Fruit  Baked Pasta Marinara with Cheese  Salad Option: Fresh Garden Salad with Carrots, Cucumbers, Bell Peppers, Diced Chicken & Turkey, Shredded Cheddar, Crotons, Ranch Dressing or Vinaigrette  Turkey and Swiss Sandwich

\*Secondary Entrée Option

\*Salad Option

\*Sandwich Option